



Northwood Technical College

Join us for the annual Barron County Caregiver event, **Care Your Way: Tools for the Journey**, a lively half-day, open house-style event offering local resources, mini educational sessions, and free wellness services like memory and health screenings, and massage! Enjoy door prizes, connect with experts, and discover practical tools to support you in your caregiving role.

Come and go as you please, gather helpful info, and leave feeling supported and empowered.



Thank you to our
conference sponsors.
For a full list, please
visit the event page.

Caregiver Event & Resource Fair Care Your Way — Tools for the Journey



Friday, October 10, 2025

10 a.m. - 2 p.m.

Northwood Technical College — Conference Center
1900 College Drive, Rice Lake, WI

Registration Fee:

\$20.29 | \$5 (62+)

Pre-registration strongly encouraged but not required.

Register online at: bit.ly/caregiver_oct2025

For questions, call **715.788.7133**

Conference Agenda

| | | | | |
|----------------------|---|---------------------------------------|-------------------|--|
| 9:30 a.m. | Registration & check-in begins | | | |
| 10 a.m. - 2 p.m. | Resource Fair, wellness services and screenings, light snacks | | | |
| 10:15 - 11 a.m. | Session I | Advanced Directives and CPR Decisions | Falls Prevention | The Power of Protein for Caregivers: Fueling Your Role |
| 11:15 a.m. - 12 p.m. | Session II | Chair Yoga | Planning Pitfalls | The Power of Protein for Caregivers: Fueling Your Role |
| 12:15 - 1 p.m. | Session III | Common Scams & Frauds | Planning Pitfalls | Advanced Directives and CPR Decisions |
| 1:15 - 2 p.m. | Session IV | Common Scams & Frauds | Falls Prevention | Chair Yoga |

Session Descriptions

Advanced Directives and CPR Decisions

Michelle Bee, Certified Social Worker,
Adoray Home Health & Hospice

We will discuss Power of Attorney/
Guardianship information,
Cardiopulmonary Resuscitation and
Do Not Resuscitate orders.

Chair Yoga

Christy Moravitz, Registered Yoga Teacher

Chair yoga is a gentle form of yoga that allows individuals to perform postures while seated or using a chair for support, making it accessible for people of all ages and abilities. Gentle movements combined with mindful breathing makes this a great practice to de-stress, relax and refresh.

Common Scams & Frauds

Jeff Kersten, Outreach Specialist,
Wisconsin Department of Agriculture,
Trade and Consumer Protection (DATCP)

Learn the details of common scams, the warning signs of a scam, and what to do if you or someone you know falls victim to a scam or fraud. Helpful fact sheets from The Bureau of Consumer Protection will be available.

Falls Prevention

Markus Narins & Guest colleague, Care
Transition Care Coordinator, St. Croix
Hospice

Understand where and why falls occur;
the medical conditions, medication and
environmental factors that may contribute
to falls; and how hospice can help.

Planning Pitfalls

Aric Burch, Certified Elder Law Attorney
(CELA), Grosskopf & Burch Law Firm

Your estate plan is done, so what could
possibly go wrong? We will discuss a few
common issues that can cause your estate
plan to be derailed or fail altogether.

The Power of Protein for Caregivers: Fueling Your Role

Darby Smith, MS, RDN, Nutrition Program
Manager & Dietitian; and Joe Barnes,
Dining Site Manager & Cook, Aging &
Disability Resource Center-Barron County

Protein is a hot topic these days when it comes to staying healthy and feeling your best. During this presentation and cooking demo, you will learn the true power of protein for your body, the variety of food sources you can get it from, and quick and easy ways to add it to your plate! Take home recipes and tasting samples will be included!

Onsite Services & Screenings

(most screenings are included with your event registration fee; some have a small additional fee)

Resource Fair

A variety of service providers will be on site to answer your questions about the aging process, including local transportation, assisted living, home care, home health, hospice, and more.

Durable Medical Equipment, provided by Lakeland Home Healthcare

Have your adaptive equipment, walkers, or wheelchairs evaluated for proper fit, safety, and overall condition. Our experts will be available to address any concerns and ensure your equipment meets your needs.

Hearing Screening, provided by HearingLife

We will be conducting air screening testing basic hearing assessment. The tests will determine if you have any hearing loss and at what degree of loss.

Massage, provided by Adoray Home Health & Hospice

Enjoy a short chair massage, which provides quick, targeted relief for tension in the back, neck and shoulders while you remain fully clothed and seated.

Memory Screening, provided by Aging & Disability Resource Center/ADRC

A memory screen provides useful health information about your brain, just like a blood pressure test provides information about your heart. Anyone can get a free, confidential 10-15 minute memory screen, provided by trained and certified Aging & Disability Resource Center staff. Memory screens are also good for individuals concerned about their memory due to changes, a family history of dementia, or those who want a baseline to monitor their brain health.

Reflexology/Wellness Services, provided by Point of Renewal Integrated Health, Rei of Sunshine

- Ear Seeds - Ear seeds are small, adhesive seeds placed on specific points on the ear based on traditional Chinese medicine principles. They are believed to stimulate the body's natural healing mechanisms and provide various benefits, including pain relief, stress and anxiety reduction, insomnia, addiction support, weight management, digestive health and other benefits.
- Reflexology - Enjoy a sample of hand reflexology. By applying pressure to areas on the hands, you experience relaxation and alleviate stress as the hands relate to organs and systems of the body.
- ZYTO Compass - ZYTO is a biocommunication scan that tells us what your body wants for optimal health. The client will learn what essential oils and supplements will best support their emotional and physical health.

Tech Help Desk, provided by Rice Lake High School students

Please join us at our Tech Help Desk where you can get personal assistance setting up your phone, enlarge your text/icons, simplify your home screen, add helpful features. These tech savvy students can also help you learn to use your phone's voice automated Assistant to help with more hands-free phone use. Hey Siri.

Wellness Screening, provided by Sensible Solutions

A variety of health and wellness screenings will be available, including:

- Blood pressure and vitals
- Mental health screening (anxiety & depression)
- Cholesterol tests-HDL, LDL, Triglycerides. (Free for the first 50 participants; \$12 per person after that.)
- In Body Scale. The InBody scale is used to assess overall health and fitness, helping individuals understand their body composition and track progress towards their health goals.
- Colorectal cancer screening (blood test), offered in partnership by Sensible Solutions and Guardant Health. No cost, but insurance information will be collected.



REGISTRATION FORM

for Continuing Education (non-credit) Courses

LOCATION

Last Name First Name M.I. Former Last Name (if applicable) Date of Birth

Employer

Age 62+?

Northwood Tech Student ID No.

Social Security No.

I've taken classes at Northwood Tech in the past.

*Why do we ask for SSN? NorthwoodTech.edu/SSN

Email address (required for college alerts and important communication)

Home phone

Cell phone

Home address

City

State

ZIP

Resident of (check one): ☐ Township ☐ Village ☐ City ☐ County

School District where you live

Last High school attended

Highest grade
COMPLETED (K-12):

Gender: ☐ Male ☐ Female Ethnicity: Hispanic/Latino origin? ☐ Yes ☐ No

Race (check all that apply): ☐ American Indian/ Alaska Native ☐ Asian ☐ Black/African American ☐ Native Hawaiian/Other Pacific Islander ☐ White

Highest Credential Earned:

01 = No Credential

02 = GED

03 = HSED

04 = High School Diploma

05 = Some college credit

06 = Short-term diploma or certificate

07 = 1yr Diploma

08 = 2yr Diploma

09 = Associate Degree

10 = Associate Degree

Plus Additional Credential

11 = Baccalaureate

12 = More than Baccalaureate

99 = Student Declined/Unknown

*It is your responsibility to contact Northwood Tech to officially drop a class. If you decide to drop, you should do so immediately as a single day can affect your refund amount. A full refund will be given if you notify Northwood Tech prior to the first scheduled class meeting.

OFFICE USE ONLY

Term: _____

☐ 38.14 Contract # _____

☐ Employer # _____

Course Fees \$ _____

Senior Fee \$ _____

Other _____

Received By/Ext. _____

Date/Time _____

| CLASS NO. | CATALOG NO. | CLASS TITLE | LOCATION | START DATE | CLASS FEE |
|---|-------------|---------------------------------------|-----------|------------|-----------|
| MC 321 | 47-520-421 | Care Your Way - Tools for the Journey | Rice Lake | Oct 10 | \$20.29 |
| MC 321 | 47-520-421 | Care Your Way - Tools for the Journey | Rice Lake | Oct 10 | \$5 (62+) |
| | | | | | |
| Once registered for a course(s), you have created a liability with Northwood Tech and a promise to pay. | | | | TOTAL | |

*If registering a group or if a business is paying and wants to be invoiced, contact melissa.buxton@NorthwoodTech.edu or call **715.788.7133** for information.

| | |
|---|-------------------------------------|
| PAYMENT METHOD: <input type="checkbox"/> Check or money order payable to Northwood Tech <input type="checkbox"/> Cash <input type="checkbox"/> Mastercard <input type="checkbox"/> Discover | Exp. Date _____ Security Code _____ |
| Visa <input type="checkbox"/> Agency Bill/Sponsored Registration - complete information below; attach required authorization | Month/Year _____ |
| _____ | _____ |
| Credit Card No. | Name on Card |
| _____ | Cardholder Signature |

* For registration questions, please visit bit.ly/caregiver_oct2025 or contact Melissa Buxton at Melissa.Buxton@NorthwoodTech.edu

Northwood Tech does not discriminate on the basis of race, color, national origin, sex, disability, or age. The following person manages inquiries regarding non-discrimination policies: Amanda Gohde, Vice President; 1900 College Drive, Rice Lake, WI 54868; Amanda.Gohde@NorthwoodTech.edu; 715.645.7042.

Northwood Tech
1900 College Drive
Rice Lake, WI 54868

Friday, October 10, 2025

Caregiver Event & Resource Fair



Care Your Own Way – Tools for the Journey

Friday, October 10, 2025 | 10 a.m. - 2 p.m.

Enjoy mini educational sessions on key topics:

- Advanced Directives and CPR Decisions
- Chair Yoga
- Common Scams & Frauds
- Falls Prevention
- Planning Pitfalls
- The Power of Protein for Caregivers: Fueling Your Role

REGISTER



Visit the event page:

bit.ly/caregiver_oct2025